



2016 Recipe Challenge Finalist Mom's Mac 'n Cheese

Ingredients:

1 box	Whole grain pasta
4 tablespoons	Butter
½ teaspoon	Salt
¼ teaspoon	Pepper
2 cups	1% milk
16 slices	American Cheese (1 package)
1 head	Broccoli, chopped
¼ cup	Flour

Instructions:

1. Bring a pot of water to boil. Add pasta and cook 7-8 minutes. Strain pasta and set aside.
2. Steam broccoli by adding 1 inch of water to a pot and bring to boil. Add broccoli and cook until tender. Drain and set aside
3. Melt butter in sauce pan. Add salt and pepper.
4. Remove from heat, add flour, and mix well.
5. Add the milk and return pan to heat.
6. Continue to stir. The mixture will thicken.
7. Add the cheese and stir until melted.
8. Mix the cooked broccoli with the cheese sauce, then add the cooked pasta, and serve.

Nutrition Facts	
Serving Size 1.5 cups (225 g)	
Servings Per Container 8	
Amount Per Serving	
Calories 380	Calories from Fat 220
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 14g	71%
TransFat 1g	
Cholesterol 75mg	25%
Sodium 1170mg	49%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Sugars 6g	
Protein 17g	
Vitamin A 25%	Vitamin C 60%
Calcium 70%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Disclaimer: Nutritional values are an estimate utilizing the NutritionistPro software. Cost is estimated based on current food costs.